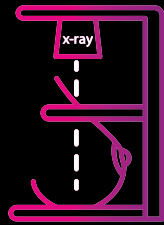


# Be the priority:

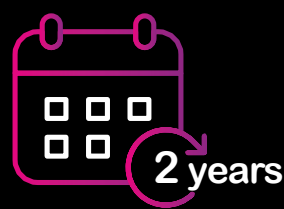
## Schedule your mammogram TODAY

Among women in New York state, breast cancer is the most common cancer and the second-leading cause of cancer-related death.

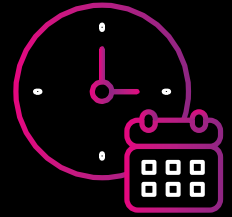
### MAMMOGRAM



An X-ray of the breast that can detect suspicious areas that could be signs of cancer, even when they are too small to feel.



The U.S. Preventive Services Task Force recommends women ages 50-74 have a mammogram every two years.



Some women need to start getting mammograms earlier or have them done more often.



**IS IT DANGEROUS?** The potential benefits of early cancer detection outweigh the risks of a small amount of radiation exposure.

**WILL IT HURT?** It can be uncomfortable for some, but the test only takes a few minutes and can save your life.

**WHAT IF MY RESULTS ARE ABNORMAL?** About 10 percent of women are called back for further evaluation.

### SCREENING SAVES LIVES



It helps to find cancer early, when cancer is easier to treat.

85%

Of breast cancers are detected by mammograms.



8 in 10 upstate New York women ages 50-74 had a mammogram in the past two years.



### TALK TO YOUR HEALTH CARE PROVIDER:

- Understand your personal risk of breast cancer.
- Decide together about when to start mammograms and how often to get them.
- Share any concerns or fears you may have.
- Discuss any changes in your breasts, including pain, lumps, new discharge, or redness.

## Schedule your mammogram today.

To find a screening location near (message rates may apply). If you with your health



you, text "Get Screened" to 81336 need help finding a doctor, check insurance provider.

